

Help and information-

'Talkingzone' (The School Based Counselling Service)-

This is a link to a free **parent** consultation (can also be found via our website)-

<https://talkingzone.southwales.ac.uk/community-counselling/>

Link to webpage for free online chat with counsellor - **student** (either via video call or text message)
6-8pm every Thursday-

<https://www.talkingzone.co.uk/>

Newport Mind-

Contact us on 01633 258 741 or email us at enquiries@newportmind.org

If you're in need of support outside of our office hours or can't get hold of us, please phone either of the below:

CALL

Community Advice and Listening Line Mental Health Helpline For Wales who offer a confidential listening and support service

Freephone 0800 132 737 or text help to 81066

Samaritans

Call us any time, day or night.

Whatever you're going through, you can call us anytime from any phone for free.

Call 116 123

Additional support lines-

Parent Line — 08088 002222

NSPCC — 08088 005000

Mental Health Helpline (Wales) — 0800 132 737

Child Line — 0800 1111

Support Line — 0208 554 9004

Self-Harm Network — 0800 622 6000

The Amber Project — 02920 344 776

Young Minds — 08088 025544

GP Out of Hours Gwent — 01633 744285

Wellbeing Apps-



[Blueice](#)

This app helps young people manage their emotions and reduce urges to self-harm

Free



[Calm Harm](#)

Reduce urges to self-harm and manage emotions in a more positive way

Free



[Catch It](#)

Learn to manage negative thoughts and look at problems differently

Free



[eQuoo: Emotional Fitness Game](#)

Use adventure games designed by psychologists to help you increase your emotional fitness

Free, with in-app purchases



[Feeling Good: positive mindset](#)

Use audio tracks to help relax your body and mind and build your confidence

Free, with in-app purchases



[ieso](#)

Connect confidentially and securely with mental health therapists using instant messaging

Free in some areas



[MeeTwo](#)

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives

Free



[My Possible Self: The Mental Health App](#)

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking

Free, with in-app purchases



[SilverCloud](#)

An eight-week course to help you manage stress, anxiety and depression at your own pace

Free



[Chill Panda](#)

Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better

Free



[Cove](#)

Being tested in the NHS

Create music to reflect emotions like joy, sadness and anger to help express how you feel

Free



[distrACT](#)

Quick and discreet access to information and advice about self-harm and suicidal thoughts

Free



[Student Health App](#)

Reduce your worries, feel more confident and get the health information you need as a student

Free



[ThinkNinja](#)

ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health

Free during the coronavirus (COVID-19) crisis



[Thrive](#)

Use games to track your mood and teach yourself methods to take control of stress and anxiety

Free



[Sleepio](#)

An online sleep improvement programme, clinically proven to help you fall asleep faster

Free in some areas



[Sleepstation](#)

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night

Free with GP referral



[Stress & Anxiety Companion](#)

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

Free, with in-app purchases